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New Children's Book Explains the Wonders Of Kung Fu

"How do they do those amazing feats?" What do the blockbuster films Star Wars and The Matrix have to do with Shaolin Kung Fu? Why do Buddhist monks learn martial arts?

The answers to these questions and more are revealed in the latest children's book authored by award-winning Liow Kah Joon in ***Shaolin - Legends of Zen and Kung Fu***.

Shaolin is a 1,500-year-old Zen Buddhist temple in China that is famous worldwide for its peaceful-looking monks who perform incredible kung fu stunts.

"All the Kung Fu in the world arise from Shaolin"



So goes a popular Chinese saying. This book takes young readers on an exciting discovery of Shaolin Kung fu.

Included in this vividly and colorfully illustrated book are age old Shaolin stories, carefully selected and told to teach children the wonders, compassion and skill that lies at the heart of the wisdom of Shaolin Kung Fu.

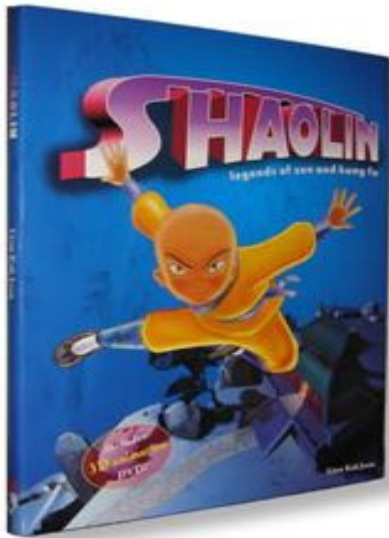
Also included is an original 3D-animated film on DVD titled Enter the Zen, which is a story about a courageous boy who wanders far and wide in search of the ultimate kung fu. At last he finds it, but it is not what he thinks!

In this book, children learn the wisdom behind the Shaolin saying "Weak mind, weak fist; strong mind, no need for fist."



Liow Kah Joon's books allow children to experience the drama and thrills of Asian stories in deeply personal, educational and entertaining ways.

Kah Joon is the author of award-winning book *A Musical Journey: From the Great Wall of China to the Water Towns of Jiangnan*. He has created a remarkable series of books that allow young readers to understand China's multicultural land, people and way of life. It brings together interesting facts, vibrant illustrations and delightful music for a fun and educational experience.



Shaolin
Legends of Zen and Kung Fu
 By Liow Kah Joon

\$26.95 Hard cover 8.5" by 11.0"

Includes a 3D animation DVD

ISBN 0-9733492-3-9

Published by SilkRoad with the participation of MDA Singapore

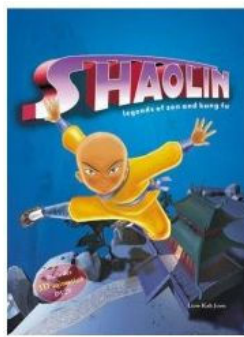
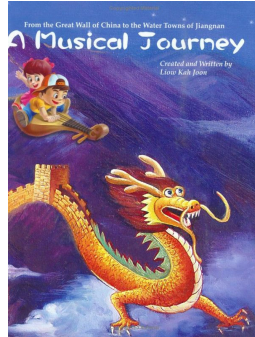
For young readers ages 8 to 12

Shaolin is available in bookstores nationwide and online.

For more information visit www.living-chinese-symbols.com

About the Author

As a 3rd-generation Chinese born in Singapore, **Kah Joon Liow** grew up speaking English as his first language. In 1998, he moved to Shanghai, China as Chief Representative for American and European media-related companies. There, he re-discovered his Chinese heritage and became fluent in Mandarin. He spends his time between Shanghai and Canada, running his information publishing business and consulting for companies in China.



What People Are Saying

This is a terrific book - really truly. I loved the way that you explained the monks to the reader and how you broke down the various questions that a reader might have. This is a delightful book that I'm sure children (and their parents) will enjoy.

--The Writers Literary and Publishing Services Company

An American Booksellers Association autumn 2004 Book Sense Children's Pick

...this title is a resounding success for co-owner and publisher Liow Kah Joon.

-- Publisher's Weekly, Oct 2, 2005

The book includes a CD with 12 lively and delightful musical selections representing each of the highlighted regions.

-- School Library Journal

"A Musical Journey guides readers through the regions of China in an artistic, informative, and fun way. Each region is described in prose and through a beautiful painting, a song, and an illustration of a child wearing the local folk costume."

-- Leigh Ann Johnson, University Book Store, Seattle, WA

Your book is wonderful, a book I would recommend to all my kids coming thru this school.

-- Sifu Gino Belfiore, Shaolin Institute, Richmond Heights, Ohio, USA

An excellent broad view of the Shaolin, Martial Arts & Zen. The author has done a wonderful job of presenting a brief history of Shaolin - the temple and the monks. He also offers a simple and easy to understand overview of the training techniques used by Shaolin Martial Arts practitioners. While the illustrations will appeal to children young and old, the message will probably be best received by young people 8 and above. It is a welcome addition to our martial arts schools library.

-- Sifu Katherine E. Myrick, Chinese Shaolin Center, Norcross, *Atlanta Ga, USA*

We have received a copy of Shaolin and I really like it. The illustrations (so colorful!) and the text are great - the explanations/descriptions are well-written and the occasional links to movies make the information more accessible. It's a book that can be read over and over because it contains so much information and is so interesting. I can't wait to share it with my daughter! "

-Jennifer Geraedts, Sister Wolf Books, *Park Rapids, MN*

"You've done a great job of simplifying complex ideas for young readers. The DVD was a real treat! I will be adding this book to my kids /activity shelf. You've achieved just the right balance between facts and fun."

-- Keri Holmes *The Kaleidoscope: Our Focus is You, Hampton IA*

GREAT BOOK FULL OF GREAT INFORMATION! I got the book in the mail and barely glanced at it before my boys (11 and 7) stole it away. I finally had to steal it back to read it myself! The first thing I noticed was how beautiful the artwork is. Each drawing has such fluid lines and bright colors, they truly look like they will move at any moment! Once I started reading I noticed that several key words are in a larger, different font, in different colors. It really makes the reading flow more quickly and easily, especially for a younger

reader. Also to be mentioned are the many references to "see website" sprinkled all throughout the book to add to the marvelous content you'll find in this book. These refer to the author's own website where you'll find a wonderful place to learn so much more about all things Chinese, in addition to more about the different topics in this terrific book. Lastly, there's a short little story on the included DVD that you'll enjoy as much as your kids.

-- S. J. Meyer "Sharebear", *Round Rock, TX*

I love it! This is a very well written book with beautiful pictures.....I truly enjoy reading it! Kah Joon had made Zen and Shaolin Kung Fung easy to understand and interesting for children and adults alike. I truly appreciate Kah Joon's attention to detail, even the papers are made of the highest quality. The 3D animation DVD is a such a great addition!

-- Lina K. Lee *South Pasadena, CA, USA*

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